Posture & Body Mechanics

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Getting in and out of bed without and with assist
Other Indoor Activities

- Sweeping
- Mopping
- Cooking
- Dusting
- Cleaning the bathroom
Picking up children
Getting in and out of a car unassisted
Getting in and out of a car with assist
Shoveling
Outdoor Activities

• Raking
  • Avoid twisting

• Mowing
  • Stand close to handle and push with legs while maintaining upright posture

• Gardening
  • Use stool to sit on
  • Squat rather than bend at the waist